

Exercise Tips with Laura



Chair Exercise Class

Thursday, April 23, 4:30 p.m.

Importance of Stress Reduction

Wednesday, May 6, 11:00 a.m.

Exercise for Pulmonary Disease

Thursday, May 28, 4:30 p.m.

Tips for Exercising in the Heat

Thursday, June 25, 4:30 p.m.

**Presenter: Laura Hartman, MS, *Exercise Physiologist,*
*Sage Physical Therapy & Wellness***



Urbana 50+ Community Center

Offering fitness, enrichment & social opportunities for ages 50 & older

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(located on the lower level of the Urbana Regional Library)

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